

Hearing Difficulty?

annie Text Messages Can Help



Navigating daily life with hearing loss or a condition like tinnitus can be challenging. For someone with hearing loss, communicating in a crowd is frustrating. For those with tinnitus, being in a quiet room can be irritating. If you'd like tips for managing either of these hearing difficulties, **Annie can help**.

Annie is a VA messaging service that empowers Veterans to take an active role in their care. Messages you receive from Annie include health-related information, tips, and reminders. Annie offers many types of health subscriptions, including two for hearing difficulties that send bi-weekly tips.

How To Get Started

To receive Annie messages, you must **register first**. See link below. Once registered, text these keywords to **Annie (75338)** to subscribe:

Annie's Health Subscriptions	Keywords
Hearing Loss Tips	SUB HEARING
Tinnitus Tips	SUB TINNITUS



Register Today!



Point your smartphone's camera at the QR code to register online for Annie:
mobile.va.gov/annie

Scroll for details and registration instructions.

Taking charge of your health — one text at a time.